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Attribution Essay Level 1

English A4

Internal and external attributions are the exact opposite of each other. When somebody has internal attributions, they blame or praise themselves for what happened. For example, somebody with internal attributions might say that they failed a test because they didn’t study. A person who has external attributions will blame or praise something or somebody else for what happened. Somebody with external attributions may say that they failed a test because it was very hard. Stable and unstable attributions are also the exact opposite of each other. If somebody has stable attributions their opinion won’t change. An example of this is if they say that they are just smart. On the other hand, if somebody has unstable attributions their opinion can, and will change. Someone like this would say something like, “This year of school is hard.” A personality type is reflected by attributions.

When you succeed or fail, there are internal or external along with stable or unstable attributions within your reaction. With internal attributions, you can say that you tried really hard and got what you deserved, but if you fail, you would say that you did not try hard enough. If you succeed with external attributions, it’s almost like you didn’t have the power to do what you wanted yourself, but if you fail you might say that whatever you tried to do wasn’t worth it. Succeeding with stable attributions is like saying, “Yippee another success, I’m a genus,” but if you fail, it’s like saying that you couldn’t do anything right. Lastly, having unstable attributions about successes lets you enjoy them, but you know it’s not guaranteed; but if you fail you know there’s a chance of it getting better. Outcomes can be interpreted differently depending on your attributions.

With internal and unstable attributions a student will show good qualities. If a student does well on a test and has these qualities, he or she may say that he or she studied a lot for the test and believed the grade is deserved. If the student does badly on a test, he or she may say it was because he or she neglected the homework. The student would also know that if they get a bad grade on one assignment they still have a chance to keep a good overall grade because they still have a chance to do well on others. If the student did badly, he or she would probably say it was just that the assignment was hard and they’d be confident they could do better. An internal and unstable student will be successful and positive knowing he or she can try to repeat what was done well and try to turn what was done badly into something they can do well also.

With external and stable attributes, a student will show bad qualities. Students like this doing well on tests may lead them to believe that tests are easy and that they are a genus of some sort. Sadly, if these students do badly on a test, they may think that they are a failure and that tests are too hard even if they try as hard as possible. This type of student would think that if a bad grade was received on one assignment, all other assignments would turn out the same because he or she would think of themselves as stupid. In other words, external/stable students doing badly would lead to their common reaction of thinking that they were unintelligent and that there was no use in trying. An external and stable student will be in for a rude awakening thinking they don’t need to try to do well or that they shouldn’t bother trying to become more intelligent.

A person being aware of their attributions is quite important. By knowing your attributions you can try to change them if they don’t give you the best qualities or you can embrace them. If you have internal and unstable attributions, you will be good at your school work or your job because of all your hard work. If you have external and stable attributions you can either follow them or you can try to break them and become the complete opposite. Being aware your attributions can make your aware of your personality type.